

ABSTRACT OF THE DISCLOSURE

A method of preparing food to be cooked under heat or food cooked under heat, which is capable of decreasing acrylamide contained in the food after the cooking, wherein the method comprises adding to the food at least one compound selected from the group consisting of (a1) neutral amino acids and salts thereof, (a2) basic amino acids and salts thereof, (a3) neutral imino acids and salts thereof, (b) sulfonic acids and salts thereof and/or at least one peptide complex of peptides having, as constituting components thereof, any one of the amino acids of the items (a1) to (a3).